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"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

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GET ANSWERS

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

Our answer:
Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

Our answer:
Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

Our answer:
There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

Our answer:
No, deformed chickens are not used to produce any of our products.
All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

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"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

Our answer:
The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

Our answer:
Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

Our answer:
Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

Our answer:
Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.

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A WORKOUT WITH PUNCH

FAST & FURIOUS STAR (AND MMA FIGHTER) GINA CARANO DISHES ON THE TRAINING AND DIET REGIMEN THAT LETS HER KEEP UP WITH THE ROCK PAGE 9

Have you signed the petition yet?

Regina Water Watch.ca

Keep Water Public!

CRY FOR HELP

A child calls to his father after being pulled from the rubble of the Plaza Towers Elementary School following a tornado in Moore, Okla., Monday. The tornado, reported as nearly a kilometre wide with winds up to 320 kilometres per hour, roared through the Oklahoma City suburbs, flattening entire neighbourhoods, setting buildings on fire and landing a direct blow on an elementary school. At press time, at least 51 people were reported killed. Story, page 4. SUE OGROCKI/THE ASSOCIATED PRESS

Residential tower appears set to rise

Capital Pointe project. Skyscraper could take city and Saskatchewan to new heights with what might become province's tallest building

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Stalled in planning for at least a year, a downtown Regina condominium tower appears set to begin rising within months — possibly becoming Saskatchewan's tallest skyscraper.

Preparations for the Capital Pointe project at Victoria Avenue and Albert Street will be visible beginning on Tuesday, when the city starts closing sections of traffic lanes running along the site to allow SaskPower to get infrastructure ready for the mixed condo, hotel and retail development.

"This building, when completed, will be the tallest building in Saskatchewan," says Toronto-based development firm BrightStar Corp. on its website for the project, which was announced in 2009.

The project is slated to include a 26-floor residential tower and adjacent hotel — along the lines of what the developer proposed in the spring of 2010, before its approved city building permit expired two years later due to a lack of progress getting started.

Price tag

$100M+

The project is expected to cost more than $100 million.

"The proposal we have is for a 26-storey apartment tower and a 10-storey hotel. They would be right beside each other, with retail and restaurant use at the base of the building," explained Fred Searle, the city's manager of current planning, adding that the development at the site of the former Plains Hotel would be "almost identical" to the earlier proposal.

"The basic form of the building has not changed, and the overall uses that they're proposing."

It isn't clear what had stalled construction. However, Capital Pointe is also listed on the website of the Augustine Group of Niagara Falls, Ont.

Searle noted that the developers appear to "have gone through some restructuring … and different partnerships," and have submitted a new construction permit application.

"That application will be going through the review process over the course of the next three to four months," he said.

"Once the building permit is obtained, they could proceed with construction work onsite."

Developers plan to announce details within days.

"We're going to be making an announcement in Regina in the middle of (the) week," said Greg Black, BrightStar's director for the project.

"We don't have much more to say at this point."

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NEWS 1

More planning needed by city as businesses grow: Pub owner

Insufficient. Not enough planning on parking for business growth, says owner of Slow Pub and Liquor Store

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Too much business growth without sufficient planning for it, and without nearly enough parking space for customers.

That's what a Regina pub proprietor says is happening in an area just south of downtown, as prospective nightclub owners are poised to get a green light from city hall for their business in a former office space on Albert Street.

Adam Sperling of Slow Pub and Liquor Store says the nearby nightclub on Albert's 2100-block is being recommended for approval by municipal planners, despite its falling far short of the 12 parking spaces the city says it needs for patrons.

"You have to build parking into your development," Sperling, Slow Pub's CEO, said on Monday of the nightclub planned for the main floor of a two-storey office building just south of 13th Avenue.

"It's like they have blinders on," he added of city hall. "It's business, business, business. Growth, growth, growth. But there are all kinds of side-effects."

On Tuesday, city council will discuss the plan by the would-be nightclub's four proprietors, whom Sperling alleged have renovated much of their 122-square-metre space before securing proper permits to do so.

Sperling accuses the city of pushing the plan ahead, despite the business having only three parking spaces of its own and a plan to share three other stalls with the adjacent Regina Chamber of Commerce office — and to likely use six more spots at an Impark lot more than 70 metres away.

The nightclub's ownership couldn't be reached for comment.

"The parking problem is already there. It's a parking problem for everybody right now," Sperling explained, noting several existing pubs or lounges in the area.

"It's going to sink somebody," he added. "It's going to alienate a whole bunch of businesses — not just ours."

The prospective nightclub property on Albert Street appears poised for city approval, despite concerns about insufficient parking space in the area. ROSS ROMANIUK/METRO

Victoria Day Sheepdogs show jam packed

Ewan Currie of The Sheepdogs
MORGAN MODJESKI/METRO SASKATOON

Saskatoon's Broadway Avenue was packed on Monday evening as more than 3,000 fans lined up for a free concert from homegrown rockers, The Sheepdogs.

Back stage at Monday's concert, Ewan Currie, front man for the band said he was glad to back in Saskatoon, noting his mind was flooded with fond memories when he returned to Broadway, a place where the band got its start.

"There's a million of them," said Currie, noting a time where he snuck into Lydia's Pub. "I spent my early 20s on Broadway, so there's a bazillion memories here for me."

He also noted that its nice to be playing for some familiar faces as the band just returned from an American tour, with their last stop in Texas before heading home.

"We've got friends and families here. Even people that I know enough just to wave and say hello to, so it's great."

Currie explained the upcoming summer season would be a busy one for the band, as summer means one thing for a travelling group: festival season.

"Summer is always (full of) festivals, so it's crazy, flying around, getting to all the festivals, in Canada, the U.S., England as well — just enjoying the outdoors and all that stuff."

MORGAN MODJESKI/METRO SASKATOON

All dressed up

Cathedral Village Arts Festival launches in Regina

If you saw a few more people than usual decked out in odd costumes in the Cathedral neighbourhood on Monday, don't worry — you weren't the only one.

Victoria Day marked the launch of the annual Cathedral Village Arts Festival, and winter-weary Reginans were eager to get outside, soak up some sun and play in the park.

"I have been coming to the festival on and off for 22 years," said Bernadette Wagner, co-chairwoman of the festival. "It's fun, I get to dress up in a costume, hang out with my friends and neighbours and even people from outside the community come in."

The festival started with a parade through the community and then set up in Les Sherman Park, where there were shows, activities and demonstrations.

The festival celebrates arts, culture and community in Regina's Cathedral area. This year's theme for the week-long event is "Roots and Wings."

"I grew up in a small town, so this really reminds me of a small town fair," said Wagner. "I'm feeling a real appreciation of the sun. This place is buzzing; it's happening; it's fun."

The festival will continue throughout the week in the district with events including pop-up art galleries, cabarets and film nights.

It will all wrap up on Saturday with a block party on 13th Avenue between Angus and Montague streets.

"Our street fair on Saturday is eight blocks long this year, with a few half-blocks here and there. That is the biggest it has ever been," said Wagner. "It will have artisans and crafters from all over, but primarily from Regina." JEFF MACKEY/METRO

Elijah Harper. Mourners salute MP who blocked the Meech Lake accord

Elijah Harper THE CANADIAN PRESS

Hundreds lined up inside the Manitoba legislature Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that." THE CANADIAN PRESS

Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn of the men's disappearance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

Indict Mr. Wright and cuff the Duff?

Senate expenses scandal. NDP calls on Mounties to inspect the legality of $90,000 gift

Sen. Mike Duffy left caucus on Thursday, but troubles haven't ended for the Tories. SEAN KILPATRICK/THE CANADIAN PRESS FILE

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

NDP ethics critic Charlie Angus wrote to RCMP Commissioner Bob Paulson on Monday, asking the force to look into the actions of Nigel Wright.

Wright quit his job as Harper's chief of staff on Sunday, days after it emerged that he gave Sen. Mike Duffy $90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus Tuesday morning.

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a worrisome showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also stepped down on Friday.

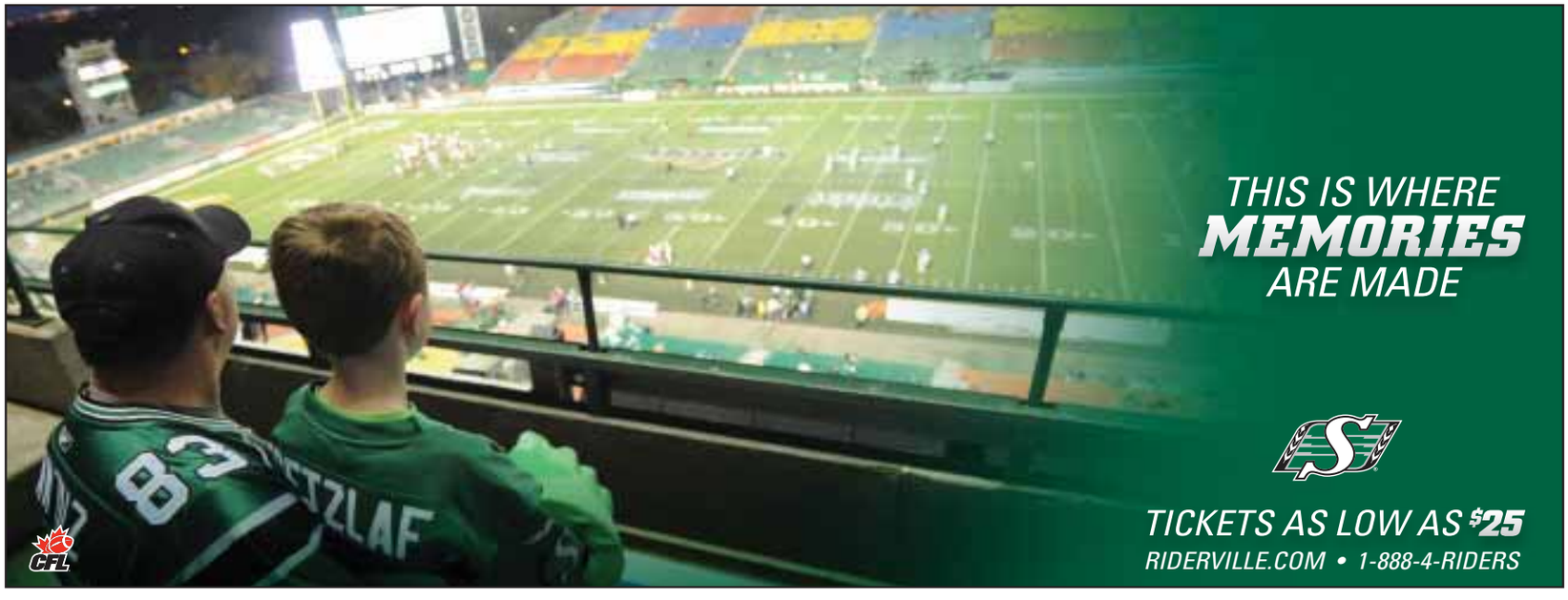
The ethics commissioner is also looking into Wright's repayment of Duffy's expenses.

THE CANADIAN PRESS

#damagecontrol

At least one Tory MP tried to put a decidedly optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

- "Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus & the PM chief of staff," Joan Crockett wrote on Twitter.
- "Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals"



Monstrous tornado rips through Oklahoma City suburb; scores dead

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado of rare power roared through an Oklahoma City suburb, killing at least 51, flattening neighbourhoods with winds up to 320 km/h and destroying at least one school. Officials said children were among the dead.

The death toll was expected to rise, an Oklahoma Medical Examiner's Office spokeswoman said. Rescuers swarmed the debris as darkness fell.

More than 140 people were being treated at hospitals, including about 70 children. Some were in critical condition.

"Hearts are broken" for parents looking for their children, Governor Mary Fallin told a news conference.

The ferocious storm — less than one per cent of all tornadoes reach such wind speed — ripped through the suburb of Moore in a Midwest region of the U.S. known as Tornado Alley.

Block after block lay in ruins. Cars and trucks were left crumpled.

The National Weather Service estimated that the tornado reached up to a half-mile (0.8 kilometres) wide and was an EF-4 on the enhanced five-point Fujita scale, the second most powerful type of twister.

In video footage, the dark funnel cloud moved slowly across the landscape for more than half an hour, scattering shards of wood, pieces of insulation, shingles and glass over the streets.

The focus quickly turned to Plaza Towers Elementary School, where the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal.

Several children were pulled alive from the rubble. Rescue workers passed them down a human chain to a triage centre in the parking lot.

James Rushing, who lives across the street, heard reports of the approaching tornado and ran to the school, where his five-year-old foster son, Aiden, attends classes. Rushing believed he would be safer there.

"About two minutes after I got there, the school started coming apart," he said.

Dangers remained. Downed power lines and open gas lines posed a risk Monday night, Police Capt. Dexter Nelson said. Television footage showed at least one fire in the debris.

THE ASSOCIATED PRESS

A woman carries a child through a field near the collapsed Plaza Towers Elementary School in Moore, Okla., Monday, after a tornado nearly a kilometre wide with winds up to 320 km/h roared through the Oklahoma City suburbs.

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Just like Salem? Judge rejects motion for mistrial in sensational dead lover case

Defence attorneys for Jodi Arias asked the judge to remove them from the case and declare a mistrial Monday, arguing the frenzy surrounding the case has created a modern-day witch hunt.

The judge denied both motions, and Arias planned to take the stand Tuesday. Jurors will find out then if she tells them the same thing she told a local reporter: She'd rather be executed than spend her life in prison.

Defence attorneys told the judge they would call no witnesses after a key witness refused to take the stand because of death threats.

They argued the attention the case has received has made it impossible for Arias to receive a fair trial. Defence lawyer Kirk Nurmi alleged the prosecutor has fanned the flames. He noted an earlier defence expert witness also received death threats.

After Judge Sherry Stephens denied their mistrial request, Nurmi and defence lawyer Jennifer Willmott asked to withdraw. The judge promptly rejected that request, too. It was the second time in the past week that the defence has asked to step down.

Initial denial

Arias initially denied any involvement and later blamed the attack on masked intruders. Two years after her arrest, Arias said she killed Alexander in self-defence.

The defence attorneys continued with their protest of the unfavourable rulings by saying they had no plans to call any witnesses, sending the court into recess as the lawyers worked to resolve the next step. They later decided Arias would speak to the jury Tuesday.

Arias, a close friend from California and an ex-boyfriend had been expected to speak to jurors before the panel begins deliberating whether to sentence the 32-year-old to life in prison or execution for murdering her lover in 2008.

The same jury convicted Arias on May 8 of first-degree murder in the death of Travis Alexander.

Prosecutors say the attack was fueled by jealous rage after Alexander wanted to end his affair with Arias.

THE ASSOCIATED PRESS

D-Day beach

Canadians get their say in French development

Canadians have a chance to voice their opinions on a plan to build an army of wind turbines 10 kilometres offshore from the site of Juno Beach, where 359 Canadians died during the Second World War, as a French commission holds public consultations on the project.

THE CANADIAN PRESS

Gander, N.L.

Weekend snowfall crushes old record

Newfoundland and Labrador is digging out of a spring storm that walloped parts of the province over the weekend with record-breaking snowfall amounts. Environment Canada says 54 centimetres of snow fell in Gander on Saturday and Sunday. A spokesperson says those numbers shatter the previous record of 29 centimetres.

THE CANADIAN PRESS

Greece

Beach-goers shell shocked

A surprise shell has caused a big stir at a popular Athens beach.

Greek authorities evacuated the seafront Monday after a swimmer found a corroded artillery shell just 10 yards from dry land, fished it out and presented it to a lifeguard.

The 30-centimetre round dated to the Second World War.

THE ASSOCIATED PRESS

Weather predictions

Hot hot heat to take it down a notch this year

Get ready to break out the sunscreen Canada, but don't worry about sizzling all season.

Meteorologists at AccuWeather.com say the majority of Canadians can look forward to a more "typical" summer this year, when hot spells will be interspersed with cooler periods.

THE CANADIAN PRESS

Yahoo buys Tumblr; CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

Yahoo is buying online blogging forum Tumblr for $1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for $1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a highschool dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS

China

Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. It has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand.

The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last months, Coup said.

THE ASSOCIATED PRESS

Viewing habits. Netflix CEO takes on conventional TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi. "People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

Netflix recently published a letter to shareholders outlining how the firm believes it will thrive at the expense of conventional broadcast TV.

THE CANADIAN PRESS

Arrested Development

Actor Jeffrey Tambor at a May 9 screening of Arrested Development Season 4 in London, England. THE ASSOCIATED PRESS

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying.... (Seasons) 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!'"

It's something worth celebrating.

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WHY CAN'T WE ACCEPT PRAISE?

SHE SAYS

Jessica Napier
metronews.ca

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

" Your new haircut looks fantastic. "Seriously? You don't think it's too short? It's definitely too short; I look like a boy."

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid $5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)." I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening remarking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Sky's the limit for this photog

STEPHANE VETTER/TWANIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. **METRO**

Q and A

'Make sure to have your feet on the ground and head in the stars'

STEPHANE VETTER
Doctor and amateur photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

Quoted

"This photo has many winning elements: The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait

GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smartphone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One

This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

Recon Instruments' Jet

This device is more Robocop-looking than the others, and is targeted to sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype

The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. METRO

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk. tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

Rudy Haugeneder posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: reginaletters@metronews.ca

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DVD reviews

Stories We Tell

Director. Sarah Polley

●●●●●

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. Stories We Tell isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. Stories We Tell is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

PETER HOWELL

The Hangover Part III opens this Friday. HANDOUT

The journey from Dr. Jeong to Mr. Chow

Fixing funny bones. Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE
scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in The Hangover Part III as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong. "Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first Hangover. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that.

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says. "It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor.

"I was pretty intense and pretty serious.

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says. "The spectrum of imagination on that character is so wide.

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Walters, wolves and a weight watch? What a week!

STARGAZING
Malene Arpe
scene@metronews.ca

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain where Taylor Lautner has been since Twilight ended.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a list of all the worst things in the world.

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Twitter

@justinbieber
I love music, my fans, my family, my friends.. And I love The Lord

@channingtatum
"Go where you are celebrated – not tolerated. If they can't see the real value of you, it's time for a new start." – Unknown

@lenadunham
"Under the right circumstances, I'd love to murder someone" -- something I'm glad I've never said in an interview

Lovato learned lessons in love from Jonas bro

Demi Lovato

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still thinking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," she tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded. But keeping that in mind … it's a delicate balance." Things between the former Camp Rock co-stars are much better now, too: "We have a great friendship," she says. "And we may not be as close as we used to be, but that's OK."

Winona Ryder

It may be 'normal hygiene' on set, but Winona hasn't had work done, she says

Winona Ryder is flattered that some people think she's had work done to keep her looking youthful, but the 41-year-old actress insists that plastic surgery — which she says she's "found is normal hygiene now on sets" — isn't for her. "I'm not trying to knock it, but, you know, I have a little bit of traffic now on my forehead, which I'm, like, very proud of actually," she tells Interview magazine. "It's interesting how people just instinctively are like, 'Oh, maybe you should get something done for that.' And it's like, 'Really?'"

Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA McGUINNESS
life@metronews.ca

Gina Carano can beat you in a fight. Deal with it. HANDOUT

Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?
I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?
He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?
I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?
It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?
She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever worked with physically. We had to trust each other.

You guys fight a lot in the movie — is it all for real or stunt doubles?
I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?
He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?
You don't know any of my ex-boyfriends. They could have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."
If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?
The person I lost to: Cyborg. You always want to avenge that.

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

Picnic pick: Pesto Potato Salad

This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbequed items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

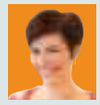
Pesto

- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

Health Solutions

Up in the spring ramp



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Appetizer. Spinach Dip with Greek Yogurt

The best moments in life happen when you bring the right mix of ingredients together.

A warm summer day, the people you love, and delicious food is a recipe for a good time.

For your next picnic or barbecue, do the same: Bring some nutritious ingredients together to make this tasty crowd pleasing Spinach Dip with Greek Yogurt.

1. Combine mayonnaise dressing, soup mix and all ingredients in medium bowl. Chill, if desired. Serve with your favourite dippers. NEWS CANADA/FACEBOOK.COM/HELLMANNSCANADA

Ingredients

- 1 cup Hellmann's 1/2 the Fat mayonnaise-type dressing
- 1 package Knorr Vegetable Dry Soup Mix
- 1 package (300 g) frozen chopped spinach, cooked, cooled and squeezed dry
- 1 container (500 g) non-fat plain Greek yogurt
- 1 can (227 ml) water chestnuts, drained and chopped (optional)
- 3 green onions, chopped

Veggies balance ooey, gooey cheese texture in quesadilla

1. Heat the oven to 350 F.

2. In bowl, toss the diced avocado with the lime juice and a bit of salt and pepper. Set aside.

3. In a large, preferably cast-iron skillet over medium-high, heat 2 teaspoons of the oil. Add the onion, bell pepper and a pinch of salt, then sauté until golden at the edges, about 5 minutes. Add the garlic and cook, stirring, for 30 seconds. Transfer the mixture to a bowl.

4. Add the remaining 2 teaspoons of oil to the skillet along with the mushrooms and a pinch of salt. Reduce the heat to medium and sauté until the liquid the mushrooms give off has evaporated, about 7 minutes. Transfer the mushrooms to the bowl with the onions and peppers. Add to it the jalapeno, cheese and a bit of salt and pepper. Mix well.

5. Wipe out the skillet with a paper towel. Coat it with cooking spray.

6. Set 2 tortillas flat on the counter. Divide onion-pepper mixture between them, spreading it evenly over each. Press second tortilla firmly over each.

7. Heat skillet over medium. Add one quesadilla and toast until golden, about 2 minutes per side. Transfer to baking sheet. Repeat with second quesadilla, placing it on baking sheet when toasted. Bake 5 minutes, or until heated through. Cut each quesadilla into quarters, then divide between 4 serving plates. Top each with avocado, yogurt and cilantro. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1 firm ripe avocado, diced
- 1 tbsp lime juice
- Kosher salt and ground black pepper
- 4 tsp vegetable oil, divided
- 1/2 cup chopped yellow onion
- 1/2 cup chopped red or green bell pepper (or a mix)
- 1 tsp minced garlic
- 1 1/2 cups assorted sliced mushrooms
- 1/2 fresh jalapeno, finely chopped (seeds and ribs discarded, if desired)
- 2 oz coarsely grated sharp cheddar cheese
- Four 8-inch flour tortillas, preferably whole wheat
- Nonfat plain Greek yogurt
- 1/4 cup chopped cilantro

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of Are All Guys A–holes?

Don't talk only (or mostly) about yourself
So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person … which, you know, is sort of what the date is about.

Don't be difficult to pin down
If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner
First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner (or even drinks) plan an activity date.

Ask job interview questions
The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living … all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an overpriced breakfast. Really have a conversation together, don't just take turns reciting your resumés.

Don't start planning your wedding
So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.

METRO

New rules for authorized credit card users

Alison on money. Putting a cap on monthly spending helpful for parents of students

YOUR MONEY
Alison Griffiths
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something. But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a budget. But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending. But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

73.9

There are 73.9 million Visa and MasterCard cards alone in circulation in Canada.

Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

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metro
Go to metronews.ca/panel and join today

Saskatoon Blades defenceman Darren Dietz hits London Knights centre Max Domi during Memorial Cup action in Saskatoon on Friday. LIAM RICHARDS/THE CANADIAN PRESS

Prospect-packed tourney boasts more than Big 3

Memorial Cup. Other potential first-rounders can focus on wins with break from spotlight

In most other years, London Knights forward Max Domi would probably garner more attention at the MasterCard Memorial Cup.

The son of former tough guy Tie Domi, who played in a Memorial Cup in Saskatoon as a member of the 1989 Peterborough Petes, is expected to be taken in the first round of next month's NHL draft, but with the three top North American-based prospects all playing at the Credit Union Centre, the 2013 edition of the Canadian Hockey League's showcase event is far from normal.

That suits Domi, and a host of other potential picks, just fine.

NHL scouts have descended on the 10-day tournament as top prospects Seth Jones of the Portland Winterhawks, and Nathan MacKinnon and Jonathan Drouin, both of the Halifax Mooseheads, play their final games ahead of the draft.

Having the trio in one place means that other players expected to have their names called early on June 30 in Newark, N.J., can focus on the tournament.

"I know those guys pretty well and they're great guys and awesome hockey players," said Domi, who is ranked at No. 19 among North American skaters by NHL Central Scouting. "We're just worried about how the London Knights play and not really anything else to be honest. We focus on ourselves and the team and let the rest take care of itself."

Knights coach Dale Hunter says despite being overshadowed by Jones, MacKinnon and Drouin at the Memorial Cup, his players are worthy of the billing they've received from scouts.

"Max and Bo (Horvat), you can see what they did for us. They're young men, just like the Halifax boys and (Jones) from Portland. They both come to play," Hunter said. "They're all good players and that's why they're ranked so high ..." THE CANADIAN PRESS

The other guys

- Bo Horvat (Knights), ranked 15th
- Nikita Zadorov (Knights), ranked 22nd
- Goalie Zachary Fucale (Mooseheads), ranked 1st out of netminders
- Nicolas Petan (Winterhawks), ranked 33rd

MLB

Encarnacion 3-run double, Dickey lead Jays past Rays

R.A. Dickey scattered four hits over eight innings and Edwin Encarnacion doubled home three runs in the seventh inning to lead the Toronto Blue Jays to a 7-5 win over the Tampa Bay Rays on Monday afternoon.

Right-handed Rays reliever Josh Lueke has only himself to blame after walking Emilio Bonifacio, Munenori Kawasaki and Jose Bautista with the game knotted at 3-3. Encarnacion then slammed a swerving ball into left field to clear the bases.

Kawasaki added a run in the eighth inning, driving in Henry Blanco with a triple. Former Jay Yunel Escobar hit a two-run homer with two out in the ninth off a rusty Casey Janssen to narrow the lead to 7-5.

THE CANADIAN PRESS

NBA

Raptors drop Colangelo as GM, reports say

It appears Bryan Colangelo is out as president and general manager of the Toronto Raptors, but he could be staying with the team in another capacity.

According to multiple media reports, the Raptors are negotiating with Colangelo to take on a corporate, non-basketball role with the team. The reports did not specify what Colangelo's new duties would be.

The Raptors are reportedly targeting Denver GM Masai Ujiri to take over the reins in Toronto.

THE CANADIAN PRESS

Dandy Andy returns to stymie Penguins

Craig Anderson makes a save while Daniel Alfredsson ties up the Penguins' Brandon Sutter during Game 3 on Sunday. PATRICK DOYLEHOTO/THE CANADIAN PRESS

Craig Anderson has returned to form just in time to give the Ottawa Senators a chance against the top seed in the Eastern Conference.

Anderson was a pivotal part of Ottawa's 2-1 double-overtime win over Pittsburgh on Sunday that cut the Penguins' lead to 2-1 in the best-of-seven second-round playoff series.

He made 49 saves in Game 3, and his stunning performance was timely. It came after he was pulled less than two minutes into the second period of Game 2 after allowing three goals on 21 shots.

"You have to put things behind you as quick as possible and regardless of wins or losses you have to look forward to the next day and try and improve on your last performance," Anderson said Monday as both teams had a day off from skating.

Anderson shut the door on a Sidney Crosby breakaway and made an acrobatic stop on Evgeni Malkin, who used every move in his repertoire to get around the Ottawa defence and get a shot off in the first overtime.

THE CANADIAN PRESS

Keeping them in it

"I just kept things simple and focused on things I could control.... It was exciting. We found a way to win."

Senators goalie Craig Anderson on his 49-save performance in Game 3.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus
April 21 - May 21
If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini
May 22 - June 21
Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer
June 22 - July 23
You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo
July 24 - Aug. 23
Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo
Aug. 24 - Sept. 23
You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra
Sept. 24 - Oct. 23
You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio
Oct. 24 - Nov. 22
Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

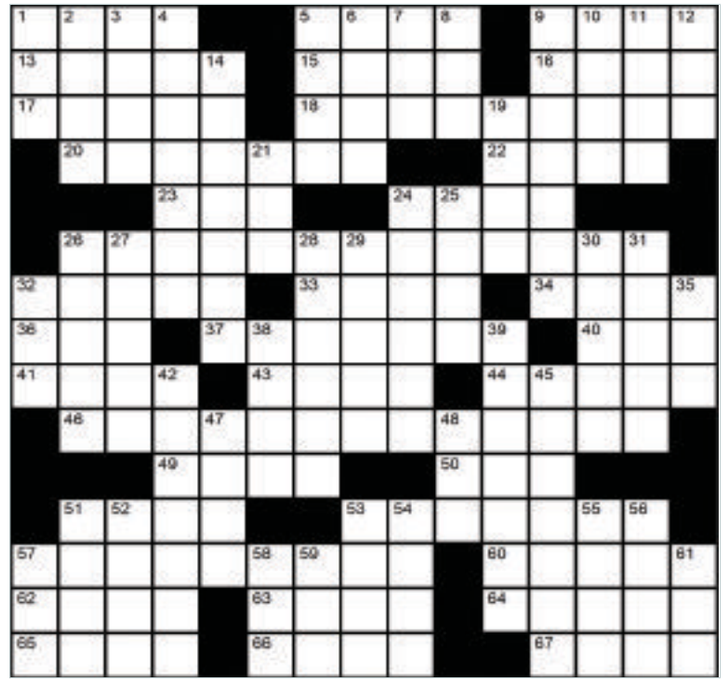
♑ Capricorn
Dec. 22 - Jan. 20
You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius
Jan. 21 - Feb. 19
The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces
Feb. 20 - March 20
Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. SALLY BROMPTON

Crossword: Canada Across and Down

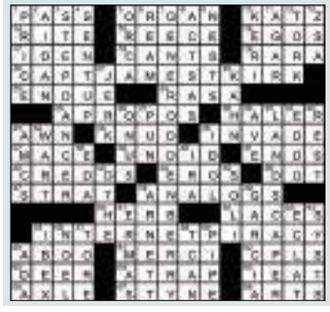
BY KELLY ANN BUCHANAN



Across
1. Comes with it, for short
5. Mr. Davis, Toronto-born broadcaster who hosted #57-Across
9. Pre-hatched chick homes
13. Ancient Greek city-state
15. Four-stringed instrs.
16. Prefix to 'script' (Written record from court)
17. Subway station's ticket area/entrance
18. Winnipeger who hosted #46-Across: 2 wds.
20. Journeys
22. Let up
23. Tee/ball/club org.
24. Gr.
26. PEI's provincial capital
32. Folk classic: "If _ __ _ Hammer"
33. Early-'80s hit: "_ __ (So Far Away)"
34. Thailand neighbour
36. Nada
37. Doesn't implement properly
40. "The Voice" network
41. Thomas Edison's middle name
43. Shipped off
44. Calculator ...when using the + sign
46. Classic game show since 1963: 4 wds.
49. Place
50. Canuck, for short
51. A birthstone for Libra
53. Pillar with a pyramid-shaped top
57. Classic Canadian quiz show, "__ __ Challenge"
60. Don't dine out: 2 wds.
62. Tenant's payment
63. Ringlet
64. Coin insertion places
65. Aquatic organism
66. Keel part
67. Disgorge

Down
1. Online ID addresses
2. Without a flat-screen, e.g.: 2 wds.
3. Greek Myth: Muse of history
4. Frog's furniture: 2 wds.
5. Seethe
6. Some old theatres
7. Poetic nightfall
8. Summer hrs. in Ottawa
9. Gasoline additive
10. Pate de foie __
11. Strong wind
12. Lorne Michaels' li'l show
14. Canadian distiller, Joseph E. __ (b.1841 - d.1919)
19. Today, tomorrow ...tiny-ly
21. 4 qts.
24. _ __ of honey
25. 'Kero' add-on (Camping lamp)
26. Relax
27. Bisect
28. Bird: French
29. Grand __ Railway
30. "A Fish Called __" (1988)
31. __ Peace Prize
32. 'Tsar' suffix (Russian empress)
35. Computer monitor [abbr.]
38. 2002 Jennifer Lopez album: 'This __ __... Then'
39. Equipment for equestrians
42. __, Georgia
45. Turndowns
47. Clay-ish stuff
48. Type of tennis serve
51. Mr. Hershiser
52. Vintage video game
53. Fiend
54. Brussels is its cap.
55. Street sign
56. Tailed toy
57. Renaissance painter, __ Angelico
58. Li'l Dell products
59. Sea diver
61. Australian state [acronym]

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

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21°/8°
Sunny
Wednesday
20°/7°
Partly cloudy
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